

Team building at Bellows

By Tech. Sgt. Mark Munsey
Kukini Managing Editor

The day started with a physical training test and ended with a physical endurance challenge as commanders and first sergeants gathered at Bellows Jan. 14.

Squadron commanders went chest-to-thighs alongside their first sergeants, completing sit-ups, push-ups and the 1.5-mile run, determining individual fitness levels during the early-morning PT test.

After a quick drive to beachside, the group was divided into three eight-person teams for the kayak race. It didn't take long for the adrenaline and competitiveness to take over, each lap of the two-person kayak teams heightening the drive to finish first.

Despite artificial-wave interference from personal wave runners manned by the Bellows lifeguards, the team of Col. Ray Torres, 15th Airlift Wing commander, Col. Scott Wardell, 15th Medical Group commander, Lt. Col. Sidney Brevard, 15th Aeromedical

Dental Squadron commander, Lt. Col. Christopher Davis, 15th Operations Support Squadron commander, Lt. Col. David Hincks, 15th Contracting Squadron commander, Lt. Col. Daniel Settergren, 15th Mission Support Group acting commander, Maj. Paul Kasuda, 15th Security Forces Squadron commander, Capt. Nate Chine, Detachment 1, 15th Mission Support Group commander, and Senior Master Sgt. Craig Howell, 15th Services Squadron first sergeant, lapped the competition, handily paddling to the event win.

The location for the day's events was an easy choice, according to Captain Chine.

"Bellows is an ideal location for us to host wing leadership, allowing them to break away from the day to day," Captain Chine said. "The beach, the fitness area and the recreational facilities here allow for several activities in a close-proximity area."

Refueled by lunch and reloaded by the Bellows staff, several of the diamonds and commanders engaged in

the final activity of the day, two rounds of paintball.

After the first round, which served to acquaint the combatants with the lay of the land and the workings of paint guns, the second round went tactical for a high-energy, high-splatter game of capture the flag.

Colonels Settergren and Hincks were joined by Captain Chine as back-to-back event winners. Also on the winning paintball team were Lt. Col. William Beninati, 15th Aeromedical Squadron commander, Lt. Col. Steve Jordan, 15th Operations Group deputy commander, Senior Master Sgt. James Andersen, 15th Civil Engineer Squadron first sergeant and Master Sgt. Jammie Space, Det. 1, 15th MSG first sergeant in the paintball winner's circle.

By day's end, all the objectives of the gathering were accomplished, according to Colonel Torres.

"The day was all about wing-leadership team building," Colonel Torres said. "In the end, the goal to bring us all closer in camaraderie and communication was achieved."



Top and Left: Team three meets mother nature head-on and lose the battle during the kayak racing portion of the 15th Airlift Wing unit commanders and first sergeants team-building day at Bellows.



Photos by Mike Day



Senior Master Sgt. Glenn Dumont, 15th Contracting Squadron superintendent, returns fire at his squadron commander, Lt. Col. David Hinks, during the paintball competition at Bellows Friday.



Col. Ray Torres, 15th Airlift Wing commander, beats Lt. Col. Daniel Settergren, 15th Mission Support Group acting commander, across the finish line during the 1.5-mile-run portion of the Air Force Physical Training test held first thing Friday morning.

Week 2 of 'Alive In '05' program

By Tech. Sgt. Demetra Turner
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Health and Wellness Center

If you followed last week's exercise and dietary advice, good for you. If not, don't worry, it's never too late to get started on a new fitness program. This week's program will focus on progression, while your dietary program will focus on accountability.

This week, add another day of activity. Go for a 20 minute walk after dinner with your spouse, family members or friends. Take the kids for a hike on the Pali trail this weekend or a morning swim in the surf to get your Saturday morning started.

Regardless of the activity you choose, find something you enjoy and will stick with.

Now that you're active at least four times a week, you're on the right track to weight loss and increased fitness levels.

What about your diet? Are you resolved to meet your weight loss goals this year? If healthier habits and weight loss are among your new year's resolutions, great for making your health a priority.

Now comes the hard part ... sticking to it!

Listed below are a few tips to help you keep track with your weight loss journey. All of these should be part of your food diary. Keeping a food diary is an excellent tool in assessing how you eat and why you eat the way you do. It will help you target your current problems and look into the root of them. In the end, it will also help you to design the eating plan that is best for you. Here are some things you can track with a food diary:

- Fat grams, carbs, protein, fiber
- Identify the 'danger zones' in your diet and pinpoint lapses
- Assess the reasons for eating (aside from true hunger). Are you eating because you are stressed? Bored? Depressed?
- Gauge your appetite and/or cravings
- Track your portion sizes
- Record your feelings after eating

Whether you track by notebook or use online services, you should be honest. It won't do you any good if you fudge the evidence. The closer you track yourself, the better the results are going to be. If you want to track your fat and calorie intake, be sure to keep a nutrient guide book handy.

If you're not interested in keeping tally of

fat and calories, try writing down how much you eat. Your extra weight could be coming from the fact you're overeating and don't know it. Sitting down for a snack of potato chips is one thing. But eating the whole bag without noticing is a different story!

If your focus is more on the reasons why you eat the way you do, you may want to spend more reflective time on your dairy. After you've eaten, write down why you ate (hunger, boredom, etc.) and how you feel afterward (guilty, deserving, etc.). Perhaps you should make note of the time of day you overeat so you can plan to arrange other activities in the future to take your mind off of food.

By looking at your emotions and the reasons why you are eating, who you are with, what you are doing, etc, you will be able to assess whether or not you are giving in to binge eating, emotional eating or if you have a habit of eating in certain social situations. These reasons are key if you find you gain weight or hit plateaus and can't quite figure out where the weight is coming from.

Join us next week for part three of our series where we'll discuss gradual diet changes vs. diet fads.

LACROSSE

from B1

the East coast who have played since they could walk.

"Casey Powell is considered the best player in the world and he started playing when he was 16," he said. "So it is really easy to catch on."

Lacrosse didn't become generally known and talked about until the 1600s when a Jesuit missionary named Jean de



Rudie Schaefer helped start the Aloha Youth Lacrosse Association from nothing to more than 150 Oahu youth in two years.

Brebeuf saw the Hyron Indians play it. For Oahu youth it was two summers ago the high-speed game came on scene.

According to Rudie Schaefer, President of the Aloha Youth Lacrosse Association, the interests of playing lacrosse is that for the player they can be big fish in a little pond and for parents it's to see their children learn a new sport that teaches athleticism and life principles.

"There is magic when a kid puts a stick in his or her hand," said Mr. Schaefer. "Try it once and you just may get hooked!"

The first official day of practice is set for Jan. 31. Anyone from age 7 to a senior in high school can call Mrs. Murayama at 548-0451 or Mr. Schaefer at 548-0451 to register. People can also visit the Web-site at www.alohayouth-lax.com.